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**Retirement Ceremonies**  
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# Navy recruiting change of command

BY NAVY RECRUITING COMMAND  
PUBLIC AFFAIRS OFFICE

Rear Adm. Jeffrey L. Fowler will relinquish the helm of Navy Recruiting Command to Rear Adm. Joseph F. Kilkenny during a change of command ceremony this morning at 10 a.m. at the NSA Mid-South Conference Center.

As the Navy's chief recruiter for the past three years, Fowler led a team of nearly 7,000 recruiters and civilian personnel in meeting the Navy's aggregate active enlistment mission for an unprecedented 58 consecutive months. During this time, Navy recruit quality improved, and this higher quality contributed to a decrease in Recruit Training Command attrition.

Recruiters also improved important meas-

ures of both diversity totals and quality during Fowler's tour. Diversity goals improved for the first time ever, and the percentage of every diversity group increased. Of particular note was an increase in African-American attainment above 50 percent for the first time ever, attaining 53 percent in fiscal year 2005.

Transformation was a hallmark of Fowler's tenure. To harvest additional production billets and reduce overhead, he led the consolidation of active and reserve recruiting components and the merger of its recruiting organization



Rear Adm. Kilkenny

from five recruiting regions and 31 districts, to two recruiting regions and 26 districts. The result is a leaner, better-focused recruiting supply chain.

Fowler, who grew up in Bismarck, N.D., will report to Naples, Italy, where he assume duties as the director of Naval Forces Europe and U.S. Sixth Fleet plans and operations; deputy commander of submarines for Allied Naval Forces South; and commander of Submarine Group Eight.

Kilkenny was raised in Philadelphia, Pa. A 1977 graduate of The Citadel, he received his commission through the Navy

ROTC program and was designated a naval flight officer in December 1978. Kilkenny began his career flying the A-6 *Intruder* and later flew the EA-6B *Prowler* and F-14 *Tomcat*. At sea, he served with attack squadrons, carriers, carrier air wings and carrier battle groups for 24 years, including eight deployments to the Mediterranean and Red Sea, Atlantic, Pacific and Indian oceans, as well as the Persian Gulf. In April 2005, he assumed command of Carrier Strike Group Ten onboard USS *Harry S Truman*. And in September 2005, he was the maritime component commander for Joint Task Force Katrina and Rita in the Gulf of Mexico.

Vice Adm. John C. Harvey Jr., chief of naval personnel and deputy chief of naval operations for manpower, personnel, training and education, will be the guest speaker.

## Selection Board 101 *Preparation pays off*

BY JOC TERESA J. FRITH  
NPC COMMUNICATIONS OFFICE

Congratulations. Your name is on the selection board list for consideration for a promotion. Going before a board can be one of the most exciting, as well as the scariest, time in a person's career. However, if he or she has planned for it from the start of their career, it may well be the first step to that coveted promotion.

Preparation for a selection board starts long before the message comes out listing those eligible for promotion. Each service member must take responsibility for his or her own career.

"Sustained, superior performance is the single most important factor influencing your advancement opportunities," said PSCM (SW) Victor Smallwood, Enlisted Selection Boards, Navy Personnel Command.

Sustained, superior performance means taking the hard jobs, demonstrating leadership, consistently coming out ahead in peer rankings, having collateral duties, showing



MCPON (SS/AW) Terry D. Scott addresses board members Monday at the start of this year's Chief Petty Officer Board in Millington. (Photo by JO1 Amie Hunt)

proper sea/shore rotation, working towards or getting a degree, and doing community service. These factors repeat themselves over and over again.

Not only do the enhancer factors repeat, so do the detracting factors. Some of the factors that may keep a person from being selected for promotion include: declining responsibilities or performance, failure to obtain expected qualifications such as a warfare pin, limited or no leadership experience, back to back shore duty, PFA failure, and NJP or civil offenses.

One of the first things a service member should do when preparing for a board is to order their Official Military Personnel File (OMPF) four to six months prior to the board dates. "Boards review your permanent record, therefore it is vital that it is up-to-date," said Smallwood.

Other important documents to check are your Performance Summary Record (PSR) and Enlisted Summary Record

See Selection Board, 7

## Navy personal data found on Web site

FROM CHIEF OF NAVAL PERSONNEL PUBLIC AFFAIRS

Personal data on approximately 28,000 Sailors and family members was discovered on a civilian Web site in late June, and the chief of naval personnel is working to identify those individuals affected, to notify them individually.

The chief of naval personnel was notified June 22 that an open Web site contained five spreadsheet files with personal information including the name, birth date and social security number on several Navy members and dependents.

Individuals affected by this will be contacted soon by the Navy to ensure they have information on how to guard against identity theft. In addition, information on how to watch for suspicious activity on personal accounts is posted on the Navy Personnel Command (NPC) Web site, <http://www.npc.navy.mil>. The Navy Personnel Command call center in Millington will be manned for sailors to call and see if their personal data was on the list. The number is 1-866 U ASK NPC (1-866-827-5672).

The initial discovery was reported to the Navy Cyber Defense Operations Command, part of the Naval Network Warfare Command, by Joint Task Force Global Network Operations, a component of U.S. Strategic Command, responsible for directing the operation and defense of the DoD's global information grid.

The files have been removed from the site, and the chief of naval personnel is working with Naval Network Warfare Command, Naval Criminal Investigative Service and other commands to determine how and when the files were placed on the Web and prevent future release of information of this

See Data, 4



## Funeral for a friend

Employees of the Naval Reserve Personnel Command (NRPC) mourn its passing during a mock funeral service as part of the command's disestablishment ceremony Friday. NRPC has been merged with the Navy Personnel Command as part of PERS-49. The merger was a result of BRAC actions but occurred two years early due to NRPC's relocation to Millington from New Orleans after Hurricane Katrina. (Photo by PHAR Ken Ingram)

## Inspection Station closing

The Commercial Vehicle Inspection Station will be temporarily closed for maintenance from today through 5:30 a.m. on July 3. Vehicle inspections will still take place, but it will affect the flow of traffic onto the base from Singleton Gate. The traffic lane closest to the inspection station will be the lane used to conduct the vehicle inspections which will cause a temporary back up of traffic. Traffic through Willis Gate, off of Navy Road, will remain the same. It is suggested Willis Gate be used as an alternate access point during this time period to help with the back log of traffic.

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# COMMENTARY



## Legally speaking

By LT. JONATHAN T. FLYNN  
U.S. NAVY JAG CORPS

### How do I select the right attorney?

If you have a legal issue, your first course of action should normally be to visit your local Naval Legal Service Office. Active-duty service-members, military retirees and dependents are all eligible for our services. However, when a legal issue may require court intervention, you will likely need the assistance of civilian counsel. Examples of issues that will ultimately require an off-base attorney include civil court cases, civilian criminal matters, and private business issues.

The first step in your quest is to make a list of names of attorneys that specialize in handling your problem. Ask friends that have had problems similar to yours. Ask other persons that you trust. Another option is to consult your state bar association. Virtually all states, as well as many counties, have lawyer referral services that will provide you with contact information for lawyers who focus in certain areas of law. In addition, you should make use of your local law library and online resources such as Martindale-Hubbell. These sources contain lists and biographies of lawyers practicing in your area and elsewhere. Finally, you may refer to the yellow pages for local lawyers and their specialties.

Your next step is to visit the attorneys on your list. Before you go, call ahead. Talk to office representatives or the attorney himself. How much experience does the attorney have? How much is the charge for the initial interview? Assuming your problem is a routine one, what is the typical fee for such a matter? Does the attorney provide a written agreement describing fees and services? What is the fee structure? After asking these questions, visit the offices whose answers satisfied you the most.

In order to get the most out of your initial interview, be prepared. Bring the names, addresses, and phone numbers of all involved parties. Also,

bring all documents that may be part of your case. Such documents may include receipts, contracts, medical bills, repair estimates, checks, law enforcement paperwork, legal correspondence, court orders, etc. Moreover, be prepared to ask additional questions. Who is the specific attorney who will be handling your case? Will copies of all important documents be provided? Will there be charges for these copies? Will the attorney regularly contact you about the case? How much time will this case take, and what will it cost? Are there options that are more cost effective than actually going to court, such as mediation or arbitration?

Attorneys may bill in a variety of ways. The first is the "flat fee." Simply put, you pay the lawyer a one-time fee and he will handle your case from beginning to end. Typically, the lawyer will expect the client to pay for court costs and out-of-pocket expenses such as traveling and copying costs. It is important to find out exactly what is covered with a flat fee.

The second type of fee structure is the "hourly fee." Hourly rates vary by lawyer experience, complexity of the legal work, and time deadlines. Such rates may be negotiable. If you agree to this structure, insist that you be kept advised every month of the number of hours the layer is spending on your problem. Also, you have a right to ask for a written explanation of what the lawyer did during the hours he or she worked on your case.

The third type of structure is a "contingency fee." This arrangement is commonly used in personal injury cases. The lawyer does not require full payment up front. Rather, the attorney will receive a percentage of any money recovered. If the attorney recovers nothing, then he receives nothing. Percentages vary by the lawyer, the type of case, and the location. Some states have caps on percentages that may be charged.

Finally, some attorneys may charge a "retainer." Typically, a retainer is a flat fee that includes a certain numbers of hours of work. If the work your attorney must perform later exceeds the amount covered by the retainer, then you will be charged additional fees. Conversely, depending on your prior agreement with the attorney, if the attorney works less than the anticipated number of hours, money may be returned to you. As with all other arrangements, it is important to fully put in writing the terms of payment and refunds before hiring a lawyer.

After considering the fees involved, the experience of the attorney, your ability to understand and communicate with the attorney, and other factors discussed above, it is time to make your decision. If you do not feel comfortable with a particular attorney for some reason, do not feel pressured to hire him or her. Move on to the next one. But once you have decided, remember that the attorney will have expectations of you. Your attorney will expect you to be prompt for court dates and appointments, to keep him informed of your current address and phone number, and to be open and honest about your problem.

If after gathering information you determine that you cannot afford a civilian attorney, then you may be able to obtain assistance through a legal aid program or some other type of legal services office near you. These offices provide attorneys at low to no fees to eligible persons with low incomes. You might also try your state attorney general's office. These offices may also provide legal assistance for free under certain circumstances.

Good luck in your quest! For more information, please contact the Naval Legal Service Office at 874-7379. We are located in Building 794 on board NSA Mid-South.

## OOOPS!

Welcome to the latest edition of "Ooops!", another chapter in the on-going saga of goofs and gaffes committed by our shipmates, coworkers, and neighbors.

At enlisted quarters, an ET3 had apparently survived a stint on a roof and was climbing his ladder to retrieve some tools. As he stepped off the ladder onto the roof, the ladder fell and he grabbed onto the edge of the roof.

This sort of thing happens in movies all the time, and invariably the actor can swing himself back up, climb through a window, work his way hand over hand to safety, etc. Alas, in real life, minus the stunt men and the padded landing area, it gets a little messier. The sailor let go, planning to land on his feet. He started to fall backward, and wanting to avoid the full pancake landing, he reached back with his right arm and settled for a broken wrist.

The horse now completely out of the barn and vanishing across the pasture, the ET3 (the report says) "completed reviewing the home safety lecture." I think he should be starring in the home safety lecture.

A CTT3 was on mop-and-broom patrol in berthing aboard a destroyer. Assuming everything was halfway shipshape, he reached up to turn on a light and inserted his third digit into an empty socket. Brrzzzaaappp! Briefly lit him up, you can bet.

Thus we log yet another easily preventable shipboard booby trap. A dead light bulb is a pain, but a missing light bulb can produce a different kind of pain that is a lot more serious than minor irritation. And while we are on the subject of booby traps, I have never thought that this term should mean traps set for a booby ("a stupid or foolish person, a nitwit," my dictionary says). No, it should mean traps set by a booby.

OK, sleuths, put on your deerstalker, haul out your magnifying glass, and see if you can detect the dangerous miscue in the following drama.

An IT3 was at work on a cruiser in a shipyard. The task for the day: removing a 35-foot antenna for maintenance. Also present were another IT3 and an IT2, serving as safety observer and supervisor. The first IT3 was aloft on the O-4 level, removing bolts from the base of the antenna. All three sailors were wearing the correct harnesses. The IT2 was attached to a bar along the edge of the deck. The IT3 tied himself off to the antenna. The antenna shifted, tipped over, and before you know it, the only thing keeping the IT3 from a long drop were a trio of his fellow sailors and three shipyard workers who held him while yet another worker cut him loose from the antenna, which was still determined to go overboard.

OK, you all got it right. You aren't supposed to stand on the limb you are cutting off the tree, either. This guy was extraordinarily lucky to get away with minor cuts and bruises. Even the antenna was recovered undamaged.

"Safety observer was not fully qualified," the report noted, at risk of belaboring the obvious, and the supervisory oversight wasn't exactly something to highlight on your next award submission, either.

Somewhere out there in the fleet is the luckiest ABF3 who ever crossed a quarterdeck and asked permission to go ashore.

He had been at a party, during which he guzzled his way to a BAC of 0.278. He then decided to drive 40 miles back to base in the dark. Perhaps in his befuddled condition he figured he could reduce the risk by spending less time behind the wheel, accomplished by mashing down on the gas pedal. He didn't buckle up, either. Sooner or later, probably sooner, he lost control (or, more accurately, he lost even more control), veered off the road and hit a tree. The car burst into flames, which he didn't have to worry about since he had been ejected, thanks to not wearing a seatbelt.

He broke a vertebra in his neck. Continuing his incredible streak of good fortune, surgeons were able to repair it during his three-day stay in a hospital. He then spent a month on light duty.

I hope this aviation boatswain's mate does a smarter and safer job putting fuel in aircraft than he does putting alcohol in his body.

That's all for this time, folks. See you next week. And if anyone out there is chalking up the story in paragraph D as a reason to not wear seatbelts, please make me the beneficiary of your life insurance policy before you drive anywhere. Thanks.

## Chaplain's Corner PRESIDENTIAL PRAYERS

BY CHAPLAIN ROB BEEDE

Next Tuesday, we celebrate 230 years of independence on the Fourth of July. Our nation was founded by godly leaders who spent time on their knees. Here are some quotes from our past presidents to inspire you!

George Washington wrote in his prayer journal, "Almighty God ... I yield Thee humble and hearty thanks that thou has preserved me from the danger of the night past, and brought me to the light of the day, and the comforts thereof, a day which is consecrated to Thine own service and for Thine own honor. Let my heart, therefore, gracious God, be so affected with the glory and majesty of it, that I may not do mine own works, but wait on thee, and discharge those

weighty duties thou requirest of me."

William McKinley said, "The men who established this government had faith in God and sublimely trusted in Him. They besought His counsel and advice in every step of their progress. And so it has been ever since..."

On May 26, 1940, Franklin D. Roosevelt told the American people, "Day and night I pray for the restoration of peace in this mad world of ours. It is not necessary that I, the President ask the American people to pray in behalf of such a cause-for I know you are praying with me."

Lyndon B. Johnson said, "The men who have guided the destiny of the United States have found the strength for their tasks by

going to their knees."

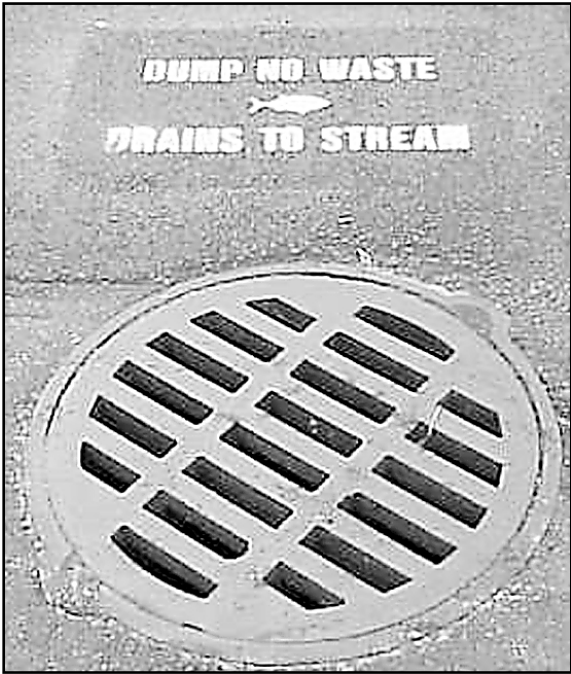
President George W. Bush noted, "The first Continental Congress began by asking the Almighty for the wisdom ... When our founders provided that sure foundation in the Declaration of Independence, they declared it a self-evident truth that our right to liberty comes from God."

As we celebrate 230 years of independence, take time to give thanks to God for our nation, and please pray for our commander in chief, for all our military- especially those in harm's way, for our commanding officer and all in authority over us and for God's continued blessing on you and your family.

Happy Fourth of July!

## No Waste

In an effort to heighten awareness and as a reminder to all, NSA Mid-South's Environmental Department personnel have been marking some of the storm drains with the following wording, "Dump No Waste, Drains to Stream." This is a reminder to all to keep pollutants like litter, soil and other sediments, chemicals, fertilizers, gasoline, motor oil, antifreeze, etc. from being discharged into ditches and streams. Not only can discharges of pollutants affect fish and aquatic life, but also be detrimental to our drinking water. You can help by properly disposing of all wastes and maintaining equipment and vehicles.



## CALENDAR OF EVENTS

**Flag City Freedom Celebration 2006** kicks off on July 3 @ Navy Lake with a performance by the Navy Band Mid-South @ 7 p.m., followed by a ceremony honoring service members, police officers and firefighters. Fireworks will commence @ 9:30 p.m., followed by more music from the Navy Band Mid-South. **The Base Chapel Center's Ministry Luncheon** will be held on July 13 @ noon in Fellowship Hall. The guest speaker will be Pastor David Lawrence of Lucy Baptist Church. **The Disabled Veterans of America Unit 116 and The Disabled American Veterans Auxiliary No. 116** meets at 7 p.m. on the second Monday of each month in the Veterans of Foreign Wars Post 7175 at 4681 Cuba-Millington Road. New members are welcome. For more information call John Frantz at 835-3097. **The National Night Out Committee** will meet on July 5, 12, 19 and 26 at 10 a.m. in Classroom No. 1 located on the first floor of Bldg. 239.

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# NAVAL SEA CADETS HOLD BOOT CAMP

BY ART FRITH  
NSA MID-SOUTH PUBLIC AFFAIRS

The U.S. Naval Sea Cadet Corps is a nationwide organization dedicated to helping American youth realize personal success and achievement through a nautical-oriented training program. The NSA Mid-South unit, Tennessee BB-43 Division, will conclude its two-week boot camp on Saturday with a 10 a.m. pass in review/graduation ceremony at the north side gymnasium.

This year's basic training course has 40 youth ranging in age from 11 to 17-years old from five states, including Tennessee, North Carolina, Maryland and Texas.

The Greater Memphis Navy League council provides support for the unit through fundraisers that helps cover the costs of training, uniforms, and administration expenses. The program is designed to guide the youth to becoming mature young adults through fostering leadership abilities and broadening horizons with hands-on training. The Navy's core values of honor, courage and commitment are included in the program and help to provide a positive influence to youth through recognition of their accomplishments.



U. S. Naval Sea Cadet Corps Warrant Officer Robert Truesbell and Lt. j.g. Yancey Black supervise cadets during the water survival skills training portion of basic training conducted on NSA Mid-South. The course concluded Saturday with a pass in review/graduation ceremony at the north side gym. (Photo by Art Frith)

Created in 1958, the Sea Cadets is committed to providing American youth with a drug and alcohol-free environment. Youth who join the Sea Cadets have a desire to learn about the Navy, Marine Corps, Coast Guard or Merchant Marine. Depending on the rate achieved in the Sea Cadets, former cadets may be eligible to enlist in the armed forces at an advanced pay grade. In addition, the military academies' selection boards and ROTC programs look highly favorable on an honorably discharged Sea Cadets member. Cadets who are accepted to a four-year university may be eligible for scholarships and other financial assistance opportunities.

For more information on the Sea Cadets program, or how to join the TN BB-43 Division, contact RP1 (FMF) Michael Music at 874-5341.

# BE READY

BY DICK GORHAM  
COURTESY OF LIFELINES.MIL



Sailors are being deployed to fight the Global War on Terror (GWOT) in ever increasing numbers. Some 11,000 sailors are serving in ashore billets in the Central Command's Area of Responsibility, stretching across 27 countries, including Iraq and Afghanistan.

The skill sets that sailors bring to the fight are in high demand and through a process called individual augmentation sailors, active and reserve, are being called upon to use their expertise in ways perhaps many never anticipated. That said, by virtue of wearing the uniform, all sailors are volunteers and all should anticipate and be ready for a call to serve. To quote Dr. Donald Winter, secretary of the Navy, "We are a nation at war. Support of our sailors and Marines in the Iraqi theater of operations is our most urgent task, and I am focused daily on what the Navy and Marine Corps can do to help achieve victory in Iraq and against terrorists elsewhere around the world."

In recent months, some 30 percent of sailors reporting for training prior to deployment to CENTCOM's AOR have been deemed "non-deployable" due to medical, dental, financial, legal and family problems. This failure rate is a real concern, for all the obvious reasons: the GWOT goes forward and the requirements for certain skill sets remain, so the Navy must meet its commitments. SOMEONE, if not the sailor who failed to be ready, will deploy, regardless of the failure rate, but the stress on the system causes every sailor to suffer.

It is every sailor's responsibility to be ready to deploy on short

notice (usually within 30 days). Thus, it is time for sailors and their families to develop a checklist of things to do to prepare for deployment. Suggestions for such a list are abundant, from those available at your local shore command and Reserve Centers, to WEB-based resources available on NKO at [https://www.nko.navy.mil/portal/page?\\_afid=pg44040028](https://www.nko.navy.mil/portal/page?_afid=pg44040028)

However, two basic tenets should drive your own preparations: attitude and common sense.

\* Attitude: I am an American sailor, there is a war on, and I expect to be in the fight. Thus, I will get myself and my family prepared to answer the call.

\* Common Sense: Getting ready now, and staying ready, to deploy to an IA billet will provide you and your loved ones peace of mind.

So, let's review the basics:  
\* Medical/dental readiness: review your medical/dental records with a Corpsman. Insure that you are "good to go" and if not, that you do whatever necessary to be qualified to deploy.

\* Physical fitness: don't wait until a month out from your next PRT to get in shape. Physical readiness is a 24/7 responsibility. Occasionally running a mile or two and doing a few pushups here and there will not prepare you to operate in 100 degree desert heat while wearing 40 pounds of per-

sonal protective equipment as you go about performing your assigned duties. Get in shape and stay in shape.

\* Family and financial planning: if you haven't already done so, do some serious financial planning with your family. Understand what and where your assets are, seek assistance in establishing a monthly budget that works for all and most importantly, talk with your family so that everyone understands what is necessary to succeed when and if you are deployed. It is an old mantra, but planning actually works to reduce the strain and stress of the daily grind.

\* Legal readiness: again, talk with your spouse, with your loved ones, before the call to serve comes. Get a will, establish a power of attorney, and insure that key people know what will need to be done if emergencies arise. Seek assistance from your local Navy legal team. They are there to help.

Finally, develop an individual and family pre-deployment checklist. Involve everyone who will be impacted by your deployment so that everyone has a stake in your (and their) success. The bottom line: Be Ready!

(The writer is a retired Navy chief who was twice mobilized, as a reservist, to serve on active duty.)

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# CAC Log-on to increase network security

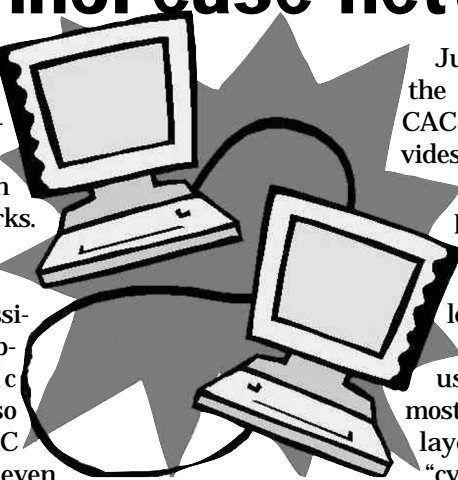
COURTESY OF NAVAL NETWORK  
WARFARE COMMAND  
PUBLIC AFFAIRS

The Navy/Marine Corps Intranet (NMCI) is proceeding full speed ahead with the switch to Common Access Card (CAC) log on for most users of its network. NMCI passed the 70 percent completion mark June 15 by converting more than 400,000 of its users to mandatory CAC log-on.

The use of a CAC and PIN replaces the traditional username and password, and will be enforced for all but selected users. NMCI is the first of the Navy's networks to convert its users to a log on process that is more secure. "Our goal is to have the NMCI network completely transitioned by July 31st," said Cathy Baber, information assurance lead for the Naval Network Warfare Command. "At our current rate, we're anticipating a complete transition of NMCI before our target date." The Department of Defense's Joint Task Force - Global Network Operations mandated the switch to CAC log-on as part of its information

assurance strategy for protecting its information and networks.

The CAC makes possible the cryptographic log-on, also called CAC log-on or even CLO. Cryptographic refers to the "crypto key," the information in the CAC's chip that verifies a user's identity. The stored information allows the users to prove their identity by entering a six- to eight-digit PIN after inserting their CAC into a card reader connected to their computer. CAC log-on is part of the overall network defense strategy known as "defense-in-depth." The term originated from ground warfare tactics where one's troops were placed at varying distances inward from the front line, rather than have everything up front at the same time. By spreading the troops in layers, the enemy has to penetrate more than one front, and runs the risk of becoming trapped if it gets in too deep.



Just as on the battlefield, CAC log-on provides that extra layer of protection, in this case, at the level of the individual user, the most important layer of the "cyber security force." "The end users are the consumers, gate guards, the weak points," said CTMC Ken Drummond, information assurance manager for the Naval Network Warfare Command. "If someone isn't following procedures, having a bad day or forgets something, an opening could be created through which an adversary could take advantage and enter the network." Drummond said that CAC log-on takes that variable out of the equation by forcing the user to prove who they are with multiple factors. "Before, when you typed in your username and password, those two together were something you know, but not something you have," Drummond explained. "Even then, it was easy to figure out

someone's username - first name, last name - then all you needed was the password. And with e-mail, everyone assumed it came from you since it had your name on it."

Drummond added, "Now with CAC log-on, you can digitally sign an e-mail, which gives the recipient [assurance] that the e-mail is authentic. CAC log-on authenticates the user by verifying what they have (the CAC card) and what they know (their PIN). What CAC log-on gives us is increased confidence that, without hesitation, that e-mail did in fact come from whoever it says it's from." That, he said, is how the use of a CAC adds extra "depth" to network security.

After three incorrect log-on attempts, the card becomes "locked" and must be reset at the local personnel office. Before the card can be unlocked, users have to provide information about themselves, decide on a new PIN, and provide another fingerprint. Transition to CAC log-on by the Navy began May 22. Full implementation across all of the Navy's main networks is expected by 2010.

## Data

CONTINUED FROM 1

type. There is no evidence that any of the data has been used illegally. However, individuals are encouraged to carefully monitor their bank accounts, credit card accounts and other financial transactions.

Tips on how to watch for suspicious activity include closely monitoring bank and credit card statements for fraudulent transactions. Monitoring accounts online is the best way to detect fraud early. Also, individuals can place a 90-day fraud alert on their credit

report, which tells creditors to contact them before opening any new accounts or making any changes to existing accounts. This action may cause some delays if trying to obtain new credit. Individuals only need to contact one of the three companies - Equifax <http://www.equifax.com>, Experian <http://www.experian.com>, or TransUnion <http://www.transunion.com> - to place an alert. Each company is required to contact the other two.

After creating the fraud alert, individuals are entitled to free copies of their credit reports. Individuals should review these reports for inquiries from companies they haven't contacted or accounts they didn't open. Those want-


ing to retain the alert after 90 days will need to renew it. Those finding fraudulent accounts or transactions should contact the involved financial institution to close the fraudulent accounts or accounts that have been tampered with; file a report with your local police department; and file a complaint with the FTC at [https://rn.ftc.gov/pls/dod/widtpubl\\$star tup?Z\\_ORG\\_CODE=PU03](https://rn.ftc.gov/pls/dod/widtpubl$star tup?Z_ORG_CODE=PU03).

Additional information is located on the NKO Web site: Course Title - Identity Theft and Catalog Code - FS0406\_ENG. Log into NKO, click the Learning Tab, click E-learning Auto-Logon Gear link, click advanced search, under course title enter Identity Theft, enroll and begin training.

**GORDON HEART CLINIC**  
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**(901) 872-2289**      **(901) 840-3833**

**JULY 4 WHOLE SHOULDER SPECIAL**

- Whole Pork Shoulder
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- 1/2 Gallon Cole Slaw
- Pint Homemade BBQ Sauce
- 24 Small Buns

**Feeds 15-20 People**      **872-4030**  
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w/coupon

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**10% UNIFORM MILITARY DISCOUNT**  
(ANYTIME)  
To receive this discount just come to  
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not valid with any other offer

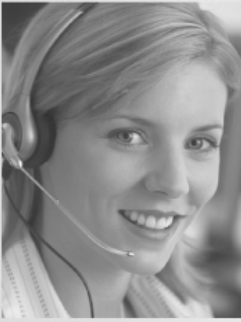
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BLUEJACKET  
June 29, 2006

# Morale, Welfare and Recreation



Naval Support Activity Mid-South and the City of Millington present

## Flag City Freedom Celebration and Spectacular Fireworks Display!

Monday, July 3

Activities will begin at 5 p.m.  
**Bring your picnic basket, blankets and lawn chairs!**  
*This is a family event and for your safety, please no pets, no fireworks, no open fires, no grills, no soliciting and no political campaigning.*

Event Sponsors include...     

**Event open to the public!**



## COMEDY SHOW RETURNS!



**Steve Bills Sarah Tiana Scott Henry James P. Connolly**

### Friday, July 14, 2006

Helmsman Complex bldg. S-760

Tickets available at the ITT Office.  
Call 874-5455 for more information.

event sponsors  

### Dinner and Show Tickets - \$12

Dinner 6 p.m., Show 7 p.m.  
....Menu....  
Caesar Salad, Carved Roast Beef  
Teriyaki Chicken Breast  
Roasted Dijon Potatoes, Wild Rice  
Broccoli/Cauliflower Medley  
Croissants,  
Iced Tea -- Coffee

### 7 p.m. Show - tickets \$5

Non -dining guest seated following dinner

### 9 p.m. Show - tickets \$5

John Finn Lounge (Some Adult Content)

## Free show tickets available for Active Duty!



### & Aquatics Program


NSA Mid-South Bldg. S-772  
(901) 874-5169

## Holiday Hours

July 4th Weekend  
(July 1 - 4)  
**Saturday - Tuesday**  
**12 - 8 p.m.**

Pool closed Wednesday, July 5  
for water treatment

Pool will return to normal hours of operation  
Wednesday, July 6 as follows  
General recreational swimming:  
Tuesday - Friday 1:30 - 8 p.m.  
Saturday, Sunday and holidays  
12 p.m. - 8 p.m.  
Pool closed Mondays



### Saddle Club horse shows scheduled for July 1, 15 and 19


**About horse shows-**  
Negative Coggins required-please provide a copy for our records. Points awarded to 1st, 2nd, 3rd places, and for participation. Highlights of points listing: Halter, English and Western styles, Jr. and Sr. Speed, Youth, Jr., and Sr. Horsemanship, Saddle Classes, Poles, Flags, and Barrels. Entry fee: members \$2, non-members \$3. In the event of inclement weather shows will be rescheduled whenever possible.

The Lazy Anchor Ranch invites everyone come out to the ranch and join in the fun. We've been kickin' our boots up all summer long and we're not done yet! Drop by to ride with us or to watch a good old-fashioned horse show at the riding arena. Concessions available during horse shows. For more information call our Stable Master: Regina Pearson at 872-3656.



## Youth Center “Gentle” Reminder

### Classes start first week in August!



**It is now time to review your plans and/or to register your child for Before and After School Care**

School begins for Shelby County students on Monday, 7 August.  
Tipton County students return to school for a half day on 2 August and then full days on 7 August.  
Memphis City and area private school students are reminded to check your calendar to make certain you are prepared for registration and your first day of school!

### NSA MID-SOUTH YOUTH CENTER

#### SCHOOL-AGE CARE (SAC) PRIORITY PLACEMENT REGISTRATION

#### Before & After School Program (BASP) '06-07

Date listed is the start date for each category.  
Sponsors may register on or after the date listed for their category.  
A Waiting List (CEWL) will be established for any SAC program that exceeds the registration limit.

**Registration is held Monday - Friday between 8:30 am-4:00 pm.**  
Alternate registration days & times are available through appointment only.  
Family Enrollment Fee: Before School \$7.50; After School \$12;  
Before & After School \$18.50 per family  
**Family Enrollment Fee is non-refundable, however it is applied towards the first weekly fee.**  
For further information, call 874-5155.

CATEGORY		BASP* '06-07 REG. BEGINS	DOCUMENTS REQUIRED TO REGISTER Sponsor's ID, copy of child's shot record, up-to-date YC paperwork** & copies of the following:
1	Single Active Duty	15 June	LES & Family Care Plan
2	Dual Active Duty	16 June	LESs & Family Care Plan
3	Active Duty w/working spouse	21 June	LES & pay stub
4	Active Duty w/student spouse	22 June	LES & proof of registration and/or grade report
5	Single DoD	23 June	LES & separation/divorce papers
6	Dual DoD	28 June	LESs
7	DoD w/working spouse	29 June	LES & pay stub
8	DoD w/student spouse	30 June	LES & proof of registration and/or grade report
9	Active Duty w/non-working spouse	5 July	LES
10	DoD w/non-working spouse	6 July	LES
11	DoD Contractors	7 July	Pay stub(s) & supporting documents if necessary
12	Active Duty Coast Guard	12 July	LES & pay stub(s)
13	Retired Active Duty	13 July	LES & pay stub(s)

\* Before & After School Program: transportation provided to/from E.E. Harrold, Lucy & Millington elementary schools.  
\*\* Paperwork can be printed by logging onto the Youth Center's page at nsamidsouth.navy.mil or visit the YC (Bldg. 936).



# Morale, Welfare and Recreation

## Looking for summer fun? See what's new at ITT!

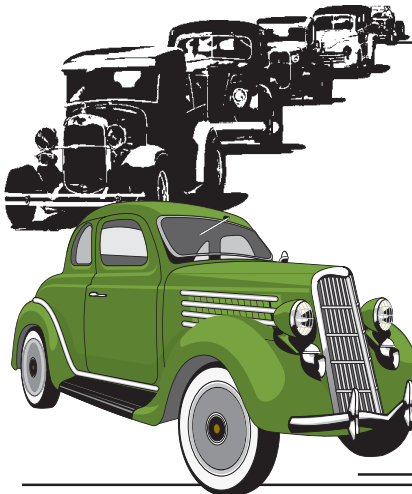
For more information or tickets stop by Information, Tickets and Travel Office, in the Helmsman Complex Bldg. S-760 Navy Mid- South or call (901) 874-5652/5455, 1-800-779-4252.



**Nashville Shores:** 8 huge water slides, Tropical Suntan Lagoon, The Wacky Pond, The Aqua Park, Paddle Boat Rides, miniature golf, and white sandy beaches. Nashville Shores has plenty of Wet & Dry activities and fun for all ages. ITT has your discount ticket: \$16 Buy One Get One Free! Regular price: \$23.98 each

	ITT Price	At the Gate
Six Flags St. Louis	\$28.00	\$48.50
Six Flags Over Georgia	\$30.00	\$53.00
White Water	\$25.00	\$36.50
Six Flags Fiesta Texas	\$28.00	\$50.81

**Magic Springs** \$26.00 \$41.98  
(Free to Active Duty with picture ID)



## National Street Rod Trip

ITT Weekend trip to Street Rod Nationals in Louisville Kentucky scheduled August 4-6  
**Single \$198 Double \$306**

Cost includes tickets to National Street Rod Association and the Corvette Museum; hotel accommodations at the Hampton In Bowling Green and round trip transportation onboard MWR Coach Bus Deadline to sign up July 1, 2006. Minimum of 20 required



We'd love to have you join us for an amazing night of baseball excitement. Come cheer on the Redbirds as they take on Round Rock!

**Monday, July 17, 7:10 p.m.**  
**at the AutoZone Park**

**Tickets \$8.25 each**

Need a ride? No problem!  
Round trip transportation is available "free of charge" from Navy Mid- South. To ride with us, you must sign up at ITT. For more information or tickets stop by ITT or call (901) 874-5652/5455, 1-800-779-4252.



**Ellison Recreation Center**  
**Bldg S-499 Open 7 days a week!**  
Monday- Friday, 9 a.m.-10 p.m.,  
Saturday 12-10 p.m.  
Sunday and holidays 2 p.m.-10 p.m.  
(901) 874-5650

Note youth are welcome when accompanied by their sponsor 9 a.m.-4 p.m. Patrons must be 18 and older to use this facility after 4 p.m. Sponsors must remain with their children at all times.

The staff at the Ellison is doing a terrific job of creating a relaxing and inviting atmosphere for you to enjoy. This center offers a thirty-six seat theater, TV lounge, billiards, ping pong tables, darts, PS2 and XBOX game systems and various board games.

Also featured is a six-station computer center with Internet access. Special activities and events conducted throughout the year include tournaments, Navy Motion Picture Program, MOSA Single Sailor Dinners, Shuttle trips to local Memphis entertainment and shopping centers, day trips and ticket give-a-ways. Stop by to see what's the next big event going on. Ellison Recreation Center is open to all MWR authorized patrons. However this center is the home of the "Liberty Program" ("Single Sailor Program") and you must be 18 or older to participate in activities unless otherwise stated.

**Movie Theater:** Enjoy a free picture show in our 36-seat movie theater. Take your choice from our list of over 300 movies. Check out "Coming Attractions" display at the center for schedule. See calendar below for upcoming schedule.

**Computers and Internet Access:** Our computer room features six (6) user friendly PC stations with Windows operating systems and Microsoft Office software. Access your existing email

accounts with internet mail service. Wireless internet connection available.

**Gameroom:** Challenge a friend to a game of pool, ping pong, foosball or one of many board games available.

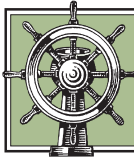
**Arcade:** A variety of amusement machines are available. Enjoy the PS2 and X-Box game systems. We offer Xbox live & PS on line for added excitement. We have the latest games including Madden 2005, NBA 2005, Def Jam Fight for NY, NCAA 2005, WWE Smack Down vs Raw, and NASCAR 2005 just to name a few.

**Library:** Enjoy a current issue of a magazine or a local paper or check out the USA Today, or Washington Post. We also have a paperback book exchange.

**Snack bar:** Let your taste buds go wild with a variety of snack foods and beverages all at a low cost. Additional beverages available for those 21 and older.

**Trips and Events:** Ellison schedules trips and events throughout the year. Stop by to see what's the next big event going on.

## ... Dining...



*at the*  
**HELMSMAN COMPLEX**

Bldg. S-760 Navy Mid-South...for information call 874-5132

**Join us for lunch and more!**  
**Lunch served 10:30 a.m.-1 p.m.**  
**Monday - Friday**

(See calendar below for daily buffet entree menu.)

**\$5<sup>25</sup> Value Spotlight**

**Daily Plate Lunch special**

Your choice of one of the entree items from the buffet, one starch, one vegetable and a side salad or cup of soup with rolls plated from the buffet selections by your server.



**Call 874-5356**  
**and get it "to go"!**

## June A-La-Carte Lunch Specials

- #1 Chicken or Tuna Salad ..... \$ 5.25
- #2 Mandarin Chicken Salad ..... \$ 5.00
- #3 BLT and cup of soup ..... \$ 5.00
- #4 Personal Pan Pizza and trip to salad bar \$ 5.00



## Mongolian BBQ

Friday,  
June 23 and July 21  
5 - 8 p.m.

An array of meats, vegetables and sauces cooked to your liking served with rice and rolls. Choose ... turkey, pork, beef, shrimp, green cabbage, bean sprouts, water chestnuts, celery, red/green and white onions, bamboo shoots, snow peas, carrots, mushrooms, pineapple and jalapeno peppers.

**Cost: 60 cents per oz.**



## SUNDAY CHAMPAGNE BRUNCH

July, 16  
11 a.m.- 1:30 p.m.

Menu includes carved top round of beef au jus, Tennessee pit smoked ham, southern fried chicken, mashed potatoes with gravy, candied yams, green beans, corn Obrien, eggs cooked to order, sausage, bacon, grits, hash browns, French toast, biscuits, rolls, coffee, tea, orange juice, and champagne.

Adults \$8.95  
Children age 5-10 half price  
Children under 5 eat free

## After Firecracker Day Bingo Special

Wednesday, July 5  
Special game will be played  
Free Spaghetti buffet 5-7 p.m.

The bingo program includes "Early birds" at 6 p.m. and "Regular program" at 7 p.m. Overall daily payout approximately \$600+ over thirty-two games with average minimum payouts of \$150 and jackpots up to \$1000 each. Bring your friends and family for a night of fun and excitement. Cash bar and food service available each night. The MWR bingo program is open to all MWR authorized patrons. Patrons must be 18 years of age to attend.

The Seven Seas Bingo Hall is located in the Helmsman Complex (bldg. S-760) Navy Mid-South. For more information call 874-5443.



## IN THE COMING WEEK!

## JULY 1 - 8, 2006

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div><div>Enjoy a <b>FREE</b> picture show in our 36-seat movie theater.</div><div>Popcorn and snacks available. All shows start at 7 p.m. unless otherwise specified.</div><div>Ellison Recreation Center is open to active duty, retired, reserve military members, DoD employees and their family members. Patrons must be 18 years or older to attend.</div></div>				<div><div>Helmsman Lunch Buffet 29</div><div>Roast Beef Pit Smoked Ham</div></div>	<div><div>Helmsman Lunch Buffet 30</div><div>Fried Catfish BBQ Pork</div></div>	<div><div>Ballet, Jazz and Tap Class 1</div><div>every Sat. 8 a.m.-12 p.m. at the Conference Center</div><div><div>FAMILY MOVIE DAY! Ellison Rec. Center 1 - 4 p.m. (Movie begins at 1:30 p.m.) Title to be announced</div></div><div><div>Free Movie 7 p.m.</div><div>at the Ellison Rec. Center Title to be announced</div></div></div>
<div><div>2</div><div><div>Group Fitness Classes are offered Monday-Saturday at Joe Dugger Call 874-5497 for information</div></div><div><div>Free Movie 7 p.m.</div><div>at the Ellison Rec. Center Title to be announced</div></div></div>	<div><div>3</div><div><div>Helmsman Lunch Buffet</div><div>Chicken Fried Steak Lemon Pepper Chicken</div></div><div><div><div>Flag City Freedom Celebration and Fireworks Display Activities Start at 5 p.m. at the Navy Lake</div></div></div><div><div>Free Movie 7 p.m.</div><div>at the Ellison Rec. Center Title to be announced</div></div></div>	<div><div>4</div><div><div>Helmsman Lunch Buffet</div><div>Closed Enjoy the holiday! <i>Independence Day</i></div></div><div><div>Free Movie 7 p.m.</div><div>at the Ellison Rec. Center Title to be announced</div></div></div>	<div><div>5</div><div><div>Helmsman Lunch Buffet</div><div>Southern Fried Chicken Liver and Onions</div></div><div><div>New! Yoga Class</div><div>Every Monday and Wednesday 5:30 p.m.-6:30 p.m. at Joe Dugger</div></div><div><div>Family Recreation Night</div><div>5:30-7 p.m. at Youth Center Call 874-5155 for details!</div></div><div><div>After Firecracker Day</div><div>Bingo Special 4-10 p.m. Bingo Hall!</div></div><div><div>Free Movie 7 p.m.</div><div>at the Ellison Rec. Center Title to be announced</div></div></div>	<div><div>6</div><div><div>Helmsman Lunch Buffet</div><div>Roast Beef Pit Smoked Ham</div></div><div><div>Free Movie 7 p.m.</div><div>at the Ellison Rec. Center Title to be announced</div></div></div>	<div><div>7</div><div><div>Helmsman Lunch Buffet</div><div>Fried Catfish Fried Shrimp</div></div><div><div> BINGO</div><div>4-10 p.m. Bingo Hall!</div></div><div><div>Free Movie 7 p.m.</div><div>at the Ellison Rec. Center Title to be announced</div></div></div>	<div><div>8</div><div><div>Ballet, Jazz and Tap Class</div><div>every Sat. 8 a.m.-12 p.m. at the Conference Center</div><div><div>FAMILY MOVIE DAY! Ellison Rec. Center 1 - 4 p.m. (Movie begins at 1:30 p.m.) Title to be announced</div></div><div><div>Free Movie 7 p.m.</div><div>at the Ellison Rec. Center Title to be announced</div></div></div></div>





# Between *us chiefs*

MCPON Terry Scott exchanges a few secrets between chiefs with seven-year-old Honorary HMC Diego Santiago during an office call at the Navy Annex. Last year, Santiago was diagnosed with lung cancer, and his wish was to become a chief just like his father. His wish became a reality during a March pinning ceremony in Jacksonville, Fla. (Photo by JO1 Brandon W. Schulze)

## — Selection Board — *CONTINUED FROM 1*

(ESR). Officers should also view their Officer Data Card (ODC) before a board. The PSR is a three-part report that summarizes the officer/enlisted professional, performance history and personal decorations. The ESR contains qualifications, promotion history, education, billet information, and other

career development data. The ODC contains officer qualifications, promotion history, education, specialties, billet information, and officer career development data. "Keep a personal record of your accomplishments throughout the evaluation period in anticipation of submitting input for your evaluation or fitness report," said Smallwood. "Remember, you sign your report, and any

errors, continuity issues, or omission of pertinent facts are a reflection on you." All three of these documents can be accessed by using BUPERS OnLine (BOL). Go to <http://www.bol.navy.mil>, sign in and click on the appropriate topic. If there is a need to make any corrections, follow the information listed for the appropriate category. (See related topic on this page). You can also go to

## Retirement Ceremonies



**Almost 50 years of combined Naval service recognized**

Below: IT1 Panisha Stigger is piped ashore last Friday marking the end of a 20-year Naval career. (Photo by Art Frith)

Above: Accompanied by his wife, Silvia, Cmdr. Russell "Rusty" Chang is piped ashore for the last time during a retirement ceremony held at NSA Mid-South Friday. A 1978 graduate of the U.S. Naval Academy, Chang served on active duty for 28 years, most of that time spent in the aviation duty officer field. His final tour was as the executive officer for NSA Mid-South. To see more photos and some video from the retirement ceremony, go to the NSA Mid-South Web site at <http://www.nsamidsouth.navy.mil/> and select "Executive Officer"; the gallery will remain online until the new executive officer, Cmdr. Michael Harber, reports aboard in August. (Photo by David W. Crenshaw)



[https://www.npc.navy.mil/Aps/SB\\_Discrepancy\\_list/](https://www.npc.navy.mil/Aps/SB_Discrepancy_list/) and find out if there is a problem with one of your evaluations or fitreps.

Once you have ordered your OMPF and reviewed your PSR, ESR or ODC, you may still wish to send the Selection Board a "package." A package would contain any information that is missing from your records that could


possibly be of use to the board when deciding whether or not to promote an individual. Members should not send in duplicates of anything already in their OMPF unless the copy is unreadable. Information on package format, sample letters, and board addresses can be found at <http://www.npc.navy.mil/Boards>.

Finally, if going up before a board, Sailors should seek out the advice of their mentors and chain-of-command. Those who have been before a board, as well as prior board members, can assist you in your preparation.

For the most up-to-date information, NAVADMINs and other board-related information, go to <http://www.npc.navy.mil>.

GREENK

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While we celebrate the birth of our country, we would like to honor those who have sworn to defend it.

\*Valid 6/29/06 – 7/4/06. \$200 maximum discount. Stop by the Special Services Desk to receive your coupon. Certain restrictions apply. See store for details.

You can do it.



We can help.™

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*Year round resort-style amenities*  
*Elegant upscale finishes*

**Call Now and Reserve Your New Home**  
**901-873-0041**  
or visit our website at  
[www.crosscreekmillington.com](http://www.crosscreekmillington.com)

## MidSouth Farmer's Market

Arts & Crafts Fair  
190 Mill Road, Covington, TN  
(off S. Main)



## SATURDAYS

(Adding Days In July)

# FREE

## ADMISSION, FREE PARKING

# 901-475-3336

## Quality Flea Market

Vendor Spaces Still Available  
\*\*REGISTER NOW!\*\*  
Permanent Indoor Spaces Available





# Navy No. 88's Round Two at Daytona

BY JEFFREY NICHOLS  
COMMANDER NAVY RECRUITING COMMAND  
PUBLIC AFFAIRS

The no. 88 Navy "Accelerate Your Life" Chevrolet Monte Carlo SS heads to the Daytona International Speedway to participate in the Winn-Dixie 250 in Daytona, Fla., June 30.

Driver Mark McFarland will be at the wheel of Dale Earnhardt Jr.'s JR Motorsports-owned no. 88 car. The fleet honoree for the race will be VR-58 Fleet Logistics Support Squadron Five Eight. As a Naval Air Force Reserve squadron, the "Sunseekers" of VR-58 are comprised of over 250 professionals, both active-duty personnel and selected reservists. The squadron provides seven days a week, around the clock, worldwide logistics support to all Department of Defense agencies. "We're bringing the same car we ran seventh with at Talladega with us this weekend. I gained a bunch of experience in that race, drafting and running up front. I also had Dale Jr. on the pit box coaching me throughout the race," said McFarland. "He's a master at that stuff, and I was able to learn a lot about drafting and running up front in that race. I have a lot more confidence going back to Daytona than I did when we ran there in

February."

Friday night's race will be McFarland's second Busch race at Daytona International Speedway. In February, he qualified 25th and ran as high as third before finishing 22nd. "I'm looking forward to the race at Daytona. It's just a special place. Mark has been very competitive in both restrictor plate races this year, and I think we'll continue that trend on Friday," states Wes Ward, Crew Chief of the

no. 88 car. "Being successful there is all about putting yourself in position at the end of the race and missing all the wrecks. If we can do that, we'll bring home a good finish." As of the Kentucky June 17th race McFarland is currently in 20th place in the Busch Series standings.

You can watch the Daytona race live at 6:30 p.m. on WHBQ Fox channel 13, or listen on WGKK FM-105.9 (Kix 106) and XM channel 144.

Daytona



## NPC Olympics



YNC Tami Ortiz wins a 400-meter race during the recent NPC Olympics. Ortiz finished with two track and field medals. (Photo by PHAR Ken Ingram)

## Individual augmentation is always available

BY CMDR. LISSA ANN  
WOHLTMANN FOR LIFELINES

The mantra from Naval Reserve headquarters of late is "be ready." Reserve sailors should expect to be mobilized every three years. For seasoned sailors who are part of a unit, getting ready for a relatively lengthy overseas tour is usually feasible. They have plenty of support from their shipmates, understand the Navy culture and their families know what to expect.

However, there is a growing segment of the Navy who may not understand all the intricacies of deployment. Some of these sailors are known as individual augmentees. They are fairly new to the Navy and because of their skill sets, for example, they are mobilized alone and not with their unit.

When Capt. Bruce Balfour was mobilized to Iraq, he remembered being stationed with a fellow nurse who was in the Navy only about a year. "This 40-year-old nurse got plucked up (from her unit) and sent to us," he remembered. "This was a big shock for her." She had been a nurse for years in the civilian sector and was accustomed to working her shift, then going home.

"Now all of a sudden, she's Navy 24 hours a day," he explained. Plus, Balfour continued, she didn't have the knowledge base of most lieutenants and wasn't used to the Navy customs. Even her new husband hadn't a clue how the Navy worked. He wasn't aware of all the assistance and support the Navy offers to families.

Cmdr. Ruth Riddles, a Reserve Navy nurse with an Operational Health Support Unit, couldn't even imagine being without her unit even for a two-week annual training stint, let alone go months on end in a foreign country without the comfort of her regular shipmates.

"If I had not gone with a group on my first AT (annual training), I would have been" lost, Riddles said matter-of-factly.

Instead of muddling through Navy life, an individual augmentee needs a lifeline; and

Navy Lifelines is truly that - a lifeline you can throw to sailors and their families. In this Web site, you can find answers to anything from wearing your uniform correctly, to what to do about packing your seabag, or living overseas. You and your family can glom tips on deployment planning, child rearing and how to live life thousands of miles from your loved ones.

Under "personal health and safety" button there are great tips on remaining physically and mental fit while enduring the horrors of war.

Other sites to surf are the <http://www.npc.navy.mil/> and <http://www.militaryonesource.com/>. Help is only a click or call away.

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